

SPECIAL
POINTS OF
INTEREST:

- Fall Class schedule
- Internship information
- T-Shirt Sales/ SPO/GERO Club news



Gerontology Times



SPRING 2010, VOLUME 25 ISSUE 2

Notes from the Director

Spring is finally here! For the Gerontology program, Spring means new classes, new opportunities, and of course, the annual Gerontology Program Open House! Check out all the things we have to offer this semester!

Gerontology Program Open House: Yes, it's time for our annual open house. Wednesday, April 14, 3:00-5pm SH 112 Everyone is welcome! This is a great opportunity to meet others interested in the field of aging. In honor of The Gerontological Society of America and the Association for Gerontology in Higher Education 9th Annual Careers in Aging Week, we will be honoring two of our distinguished alumni. The open house will also feature information on "Careers in Aging" and "Advance Directives".

The open house and presentation are co-sponsored by the gerontology program, our local Beta Zeta Chapter of Sigma Phi Omega, the Gerontology Club, and the Department

of Community Studies. **Alumni Survey:** GERO Program Alumni, we want to hear from you! Please take a minute to fill out our on-line survey. We will be e-mailing it out to those of you we have addresses for, or you can find it on our webpage

www.stcloudstate.edu/gerontology or at <http://www.surveymonkey.com/s/J2TZJRK>

Sigma Phi Omega (the National Academic Honors and Professional Society in Gerontology) and the **SCSU Gerontology Club**. Sigma Phi Omega "*seeks to promote scholarship, professionalism, friendship, and services to older persons, and to recognize exemplary attainment in gerontology/ aging studies and related fields.*" Students, faculty, and community professionals are encouraged to join! Also, all are welcome to join "The Gerontology Club" which was formed in conjunction

with our local Sigma Phi Omega chapter. Now is a great time to get involved!

Summer and Fall Classes in Aging: Students, now is a good time to start thinking about registering for fall classes (see page 4 for a "sneak preview" of the Fall offerings). Be sure to check in with your advisor to make sure your program is on track!

Gerontology Program Website: Opportunities and information abound on our website: <http://www.stcloudstate.edu/gerontology/>. Be sure to check out sections on careers in aging, internships, volunteer opportunities and more! If you would like to have information about an upcoming event or opportunity posted on the site – contact me at karasik@stcloudstate.edu.

Have a wonderful Spring!

Rona J. Karasik
Rona J. Karasik, Ph.D.
Director, Gerontology Program
Professor, Community Studies

Kudos



Honors and Awards

- Phyllis Greenberg has been elected to the Board of Directors for the Minnesota Gerontological Society
- Gerontology Graduate Students Beth Knott, Jackie Juan, Dana Lodermeier, and Missy Reichl for receiving the Sigma Phi Omega 2010 Service Project Award for Graduate Education. Thanks to Dr. Karasik for her support.
- Rona Karasik received the Distinguished Teacher Award, Association for Gerontology in Higher Education, 2010
- Rona Karasik was elected President of Sigma Phi Omega, the National Academic Honors and Professional Society in Gerontology. (2010 to 2012)
- Roan Karasik received an SCSU Faculty Research Grant (2010-2011) to study factors of staff retention and burnout in specialized dementia care

Recent Graduates

- Komla Ocloo has successfully completed all the requirements and received the MS in Gerontology
- Dave Simondet has successfully completed all the requirements and received the MS in Gerontology
- Rita Hughes has successfully completed course work for the Graduate Certificate in Gerontology

Recent Presentations and Publications by Faculty and Students

- Dziengel & Whitford (2010). *Assessing Resiliency and Ambiguity in Older Same-Sex Couples*. National NCOA-ASA 2010.
- Greenberg, P.A. and Shawley, C. (November, 2009). *Chemical Addictions in Older Adults: The Relationship of Gender to Treatment, Relapse and Recovery*. Poster at the 62nd Annual Scientific meeting of the Gerontological Society of America, Atlanta, GA.
- Karasik, R.J. (2009). What Works: The Faculty Role in Gerontological Internships. *AGHE Exchange: Newsletter of the Association for Gerontology in Higher Education*, 33(1), 7-8. (Available from the Association for Gerontology in Higher Education. 1030 15th St. NW, Suite 240, Washington, DC, 20005).
- Karasik, R.J. (2009). Maximizing the potential of internships in gerontology and geriatrics. *Gerontology & Geriatrics Education*, 30(4), 281-299.
- Karasik, R.J. (2009). Learning from internships in gerontology and geriatrics: Assessment and program evaluation. *Gerontology & Geriatrics Education*, 30(4), 300-316.
- Karasik, R.J. (2010). Engaged Teaching for Engaged Learning: Sharing your Passion for Gerontology. Teaching Workshop presented at the 36th Annual Meeting of the Association for Gerontology in Higher Education, Reno, NV.
- Karasik, R., Berry, J., Tasto, J. & Takamatsu, A. (2009). Caring for Persons with Dementia-Related Behaviors: A Family Perspective on an Innovative Model of Care Session Title: Experiences with Dementia. Poster to be presented at the 62nd Annual Scientific Meeting of the Gerontological Society of America, Atlanta, GA, November 21st, 2009.
- Karasik, R.J. (2010). Sharing New Ideas for Marketing "Aging" Programs. Resource exchange presented at the 36th Annual Meeting of the Association for Gerontology in Higher Education, Reno, NV.

MISSING: BOOKS!

Numerous books have been borrowed and not returned to Drs. Karasik, Greenberg and the GERO Resource Room. If you are in possession of any of these wayword books, please return them ASAP -- other students are waiting to use them! Thanks!



CALLING ALL GERO ALUMNI!

We want to hear from you!

Please take a minute and fill out our online survey!

<http://www.surveymonkey.com/s/J2TZJRK>

Visit the survey at the link or from our website <http://www.stcloudstate.edu/gerontology/>

Notes from the Gerontology Graduate Coordinator

The snow is gone – at least for now and the ice on the river has melted (could be good news and/or bad news). I am on sabbatical although the most often asked question when people see me on campus is do you know what sabbatical is? And I admit I am having a bit of trouble in fully embracing the sabbatical concept. On the other hand my schedule is very flexible and I have gotten things on my non-work to do list done.

I am on campus though to meet with students, attend meetings that are essential for gerontology and revising our curriculum.

In January I was elected to the Board of Directors for the Minnesota Gerontological Society (MGS). I am looking forward to participating with this wonderful regional association. Please consider attending the annual conference on April 30th at the Earl Brown Center. There are amazing sessions and St. Cloud State is well represented by students and faculty. We will have a booth there so come by and see us. For more information on MGS you can go to www.mngero.org

Mark your calendars for April 14th 3:00-5 pm (SH 112) for our annual and famous Careers in Aging - Gerontology Open House. We will have information on the programs, careers and yes our legendary CHOCOLATE FOUNTAIN AND FABULOUS DOOR PRIZES!

Registration will soon begin for Fall Semester. If you are a graduate student either in the Masters or Graduate Certificate Program be sure to make an appointment to see me at pagreenberg@stcloudstate.edu or (320) 308-3156. If you would like more info on our graduate programs or would just like to take a grad course please stop by as well. Have a wonderful semester.

Phyllis A. Greenberg

Phyllis A. Greenberg, Ph.D
Gerontology Graduate Coordinator

Gerontology Open House

Come and Join the Fun!

Date: Wednesday, April 14

Location: Stewart Hall Room 112

Time: 3:00 - 5:00 pm

- Network with professionals and students in the field of aging
- Everyone Welcome!
- Fabulous Door Prizes
- Chocolate Fountain!

**This event sponsored by the SCSU Gerontology Program, GERO Club, SPO, and a grant from the Association of Gerontology in Higher Education in support of Careers in Aging Week activities.

Fall Courses in Aging 2010

Undergraduate Courses in Aging

Gerontology

GERO 208 01 Introduction to Gerontology	MWF	10:00 am– 10:50 am
GERO 208 02 Introduction to Gerontology	TR	11:00- 12:15 pm
GERO 405 01 Aging and Diversity	T	5:15– 8:00 pm
GERO 411 01 Aging Policies and Programs	TR	3:30– 4:45 pm
GERO 425 01 Dementia and Aging	MW	3:00 - 4:15 pm
GERO 444 01 Internship	Hours Arranged	

Psychology

PSY 345 54 Psychology of Death & Dying	Online	
PSY 443 01 Psychology of Adult Development and Aging	TR	3:30-4:45 pm

Sociology

SOC 350 54 Sociology of Age & Aging	Online	
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Graduate Courses in Aging

Gerontology

GERO 505 01 Aging and Diversity	T	5:15– 8:00 pm
GERO 525 01 Dementia and Aging	MW	3:00– 4:15 pm
GERO 600 01 Advanced Research Methods in Gerontology	W	5:00– 7:45 pm
GERO 630 01 Aging and Community	M	5:00– 7:45 pm
GERO 644 01 Internship	Hours Arranged	
GERO 696 01 Practicum (Plan C)	Hours Arranged	
GERO 697 01 Starred Paper (Plan B)	Hours Arranged	
GERO 699 01 Thesis (Plan A)	Hours Arranged	

Sociology

SOC 679 01 Advanced Research Methods	MW	4:30- 5:45 pm
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Remember to check the on-line schedule for any last minute changes!!

For Registration information

Web: <http://www.stcloudstate.edu/registrar/>

Phone; (320)308-5224 or 1-800-369-4260

Contact Continuing Studies for more information

(320)308-3081

Graduate Assistant

Jackie Juan joined the Gerontology Master's Program in the fall and this spring began her graduate assistantship. She graduated from University of Wisconsin-Stout with a BS in Human Development and Family Studies with

Minors in Gerontology and Women and Gender Studies.

Jackie is interested in the social services

aspect and diverse populations.



Summer & Fall Internships are now available!

Check out the Internship page on our website for postings!

Contact Rona Karasik at karasik@stcloudstate.edu or 320-308-5224 if you are interesting in applying or posting an internship.

Walking for a Cause

On Saturday April 24, 2010, Sigma Phi Omega, The Gerontology Club, and The Gerontology Program will team up for the 2010 St. Cloud Start! Heart Walk which will be held at CentraCare Health Plaza. The St. Cloud Start! Heart Walk is a great opportunity for people to exercise and all proceeds go towards fighting heart disease and stroke. To donate or join our team, please visit <http://heartwalk.kintera.org/saintcloudmn/gerowalk>



GERO Club/SPO Meetings

Come check out our meetings, held every-other Wednesday at noon, and every-other Thursday at 5 p.m. There is always candy! Everyone Welcome! Meetings held in SH 330.



Have you checked out our **Gerontology Program Website** lately?

Take a look at :

<http://www.stcloudstate.edu/gerontology/>

If you would like to post a job or internship opportunity or if there is something else you would like to see, please contact Rona Karasik at karasik@stcloudstate.edu or at **320-308-5224**.



Check out our **Gerontology Program Facebook** page!

Take a look, stay up-to-date on events!



Gerontology Spring Interns 2010

Intern

Chrystal Shawley
Rose Fallt
Casey Schmoll

Internship Site

SCSU Gerontology Program
Plymouth Senior Services
Dental Office of Dr. Robert Koubsky, DDS.

SPO/GERO Club in the Community

In December the Beta Zeta Chapter of Sigma Phi Omega and the Gerontology Club did their first activity with the residents on the fourth floor at Saint Benedict's Senior Community. They decorated holiday wreaths. The group had such a good time with their new friends and are looking to become highly involved with the residents at St. Benedict's. (pictured at right)



On February 10, 2010 the GERO Club and SPO decorated Valentine's Day cookies with the residents on the fourth floor at Saint Benedict's Senior Community. We all had a great time decorating cookies and they were even more delicious than they looked! (pictured at left)



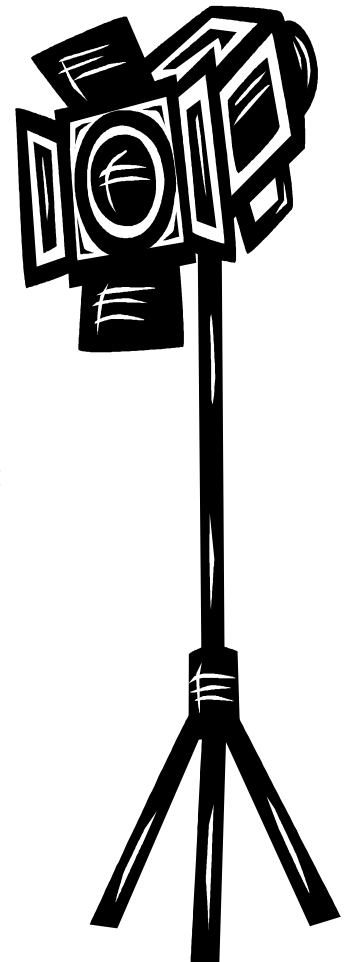
SCSU GERONTOLOGY ALUMNI SPOTLIGHT

Melinda Moulzolf-Fast

Melinda graduated in 2006 with a minor in gerontology. She is now the Activities Director at The Legends at Heritage Place in Sartell. "I use my knowledge that I gained taking gerontology classes everyday at work and in my family life dealing with a grandmother who is on Hospice and has dementia. I actually keep my books from class in a desk drawer in my office to refer back to," said Melinda. She hopes to one day return back to school for her Master's in Gerontology and work for the Alzheimer's Association in hopes of finding a cure for Alzheimer's. Melinda's advice to students is to "stick with it. Gerontology is not an easy subject to study. Thinking back to college I knew I had it inside of my heart and soul to pursue working with the elderly. Follow your heart and your mind and you will end up in a place that is right for you."

Annette Greely

Annette graduated with a Master's from the Gerontology Program. She is now Director of Assisted Living for Guardian Angels by the Lake in Elk River. In her own words the program "gave me the base of knowledge for gerontology. I think one of the most important things was the professional connections it gave me for getting a job when I graduated. I felt very prepared." Her advice to students is "to always look at the career areas you want and then to try to study and get opportunities that will prepare you for your career. There are so many different areas of gerontology to work in and you need to start right away at looking at your future to be prepared when you are done."



SPO/ Gero Club News

SPO is the National Academic Honor and Professional Society in Gerontology

Get your “AGING: Every Body’s Doing It” T-shirt!



Size: S, M, L, XL, XXXL
 Price: \$16.00
 Color: Black & Gold

Be sure to get your “Aging: Every Body’s Doing it” T-Shirt. All proceeds benefit SPO and Gero club activities. You can purchase shirts from the Gerontology Graduate Assistants’ office in Stewart Hall 342 or you can call the office at (320)308-4183. You can also contact Rona Karasik by email at:

karasik@stcloudstate.edu

Or Phyllis Greenberg by email at:

pagreenberg@stcloudstate.edu

SPO and GERO Club Board Members

Sigma Phi Omega

President: Missy Reichl
 Vice President: Amanda Spaeth
 Member at Large: Erin Jensen

Gerontology Club

President: Emma Peterson
 Co-President: Brittany Drontle
 Vice President: Ashley Herget
 Member at Large: John Tasto

Joint Positions (Gero Club & SPO)

Secretary: Eric Hilsgen
 Treasurer: Chrystal Shawley

Club Advisor: Rona Karasik

Club Advisor: Phyllis Greenberg



Sigma Phi Omega is proud to announce the induction of Emma Peterson. She is a Community Health major and has a minor in Gerontology. She is planning to continue school after graduation and pursue a career in geriatric nursing.



Sigma Phi Omega is the National Academic Honor and Professional Society in Gerontology. Are you interested in becoming a member? Contact Rona Karasik at karasik@stcloudstate.edu or 320-308-5224 for membership information.

St. Cloud State University
Gerontology Program
Department of
Community Studies
365 Stewart Hall
720, Fourth Avenue South
St. Cloud MN, 56301-4498

Gerontology Open House

Wednesday, April 14, 2010
Stewart Hall Room 112
3:00-5:00 pm

Come and enjoy the great food and awesome networking opportunity.
Everyone Welcome!

